

Please join us for a
Mother Daughter Night Out



Who: 5th grade girls and their moms

Date: Tuesday, April 10, 2012

Time: 6:00-8:00 PM

Place: Holy Advent Church Parish Hall

Cost: \$18 (per pair) and a non-perishable food item for Social Services

Admission by reservation only...no walk-ins

Call (860) 669-1103 to RSVP by March 29, 2012

OUTLINE OF ACTIVITIES

1. ***Introductions and Pizza Dinner***
2. ***"How Well Do I Know Her?" activity***
An ice-breaking activity designed to illustrate to mothers the importance of checking in at this dynamic stage of their lives.
3. ***Gearing Up for Change***
An interactive overview of the physical, emotional, and social changes associated with puberty.
4. ***Managing Change***
A discussion of the various options available to handle these and enjoy this exciting time.
5. ***Sticky Situations***
Activity and discussion of some difficult situations girls and their parents might face over the upcoming years.
6. **Resources for Help**
Listing of local resources for help and discussion of the importance of having a "support circle".
7. **Anonymous Questions**
Anonymous question sheets are collected, read and answered.

***Each mother/daughter pair receives a folder of materials and a "goodie bag" of products.**

Sponsored by Clinton Youth and Family Service Bureau